



WorkFit

Onsite Health Management

IMPROVING WORKPLACE HEALTH

WorkFit's innovative workplace health program is a holistic approach to health, designed to empower your business to be proactive in improving and caring for the health of your workforce. This unique program has been designed to improve your staff's performance, decrease absenteeism and turnover, and return your injured employees to work in a fast and safe manner.

Through its multi-strategy interventions, WorkFit addresses the relationship between physical activity, healthy eating, obesity and chronic disease prevention, and injury rehabilitation by providing access to a diverse team of exceptional allied health professionals.

MAKE THE BEST DECISION WHEN IT COMES TO EMPLOYING STAFF

At WorkFit we specialise in developing pre-employment assessments that are tailored to the requirements of the role, providing you with timely and valuable information about the health of your applicants, so that you can make the best recruitment decision.

REDUCE WORKPLACE INJURY AND PROMOTE FASTER RECOVERY

WorkFit's return to work programs are customised to allow a timely and safe return to work for your injured employee. Through our program we can help you go one step further and work with you to help reduce injury, maximise workplace performance, decrease absenteeism, improve morale and influence the culture within your organisation.



OCCUPATIONAL HEALTH SERVICES

- ✓ Drug and alcohol testing
- ✓ Functional capacity evaluations
- ✓ Pre employment screening
- ✓ Workplace evaluations
- ✓ Injury assessment and management
- ✓ Return to work program
- ✓ Work conditioning program
- ✓ Pain management program
- ✓ Manual handling and injury prevention
- ✓ Worksite and individualised dietetic assessments
- ✓ Worksite kitchen menu reviews and education
- ✓ VH Response (emergency medical response and paramedics)

CORPORATE HEALTH SERVICES

- ✓ Workplace health assessments
- ✓ Health and wellness education sessions
- ✓ Weight management program
- ✓ Remedial massage and alternative therapies
- ✓ Fitness classes
- ✓ Worksite gym and individual exercise programs



AN INTEGRATED APPROACH TO HEALTH AND WELLBEING

Our multidisciplinary team of leading allied health professionals can provide you with the unique ability to address injury management, physical activity, healthy eating, and obesity and chronic disease prevention all under one roof. By working together to ensure the best outcome for each client, our allied health professionals provide a comprehensive program to ensure you gain the best productivity from your employees.

Our highly qualified and professional team consists of Physiotherapists, Exercise Physiologists, Occupational Therapists, Dieticians, Speech Pathologist and Massage Therapists. We also accommodate and encourage regular visits from specialists including a Cardiologist, Audiologists and Podiatrist, as well as accommodating an independent Clinical Psychologist from Centacare.

We are proud to be able to look after not only the health of the workforces in our region through WorkFit, but also the important role of caring for our community through offering services to individuals through our sister company Vital Health.

PROVIDING EXCELLENCE AND FLEXIBILITY IN ALLIED HEALTH SERVICES

At WorkFit we understand that there is no one size fits all solution for businesses and employees in our community. That is why we deliver innovative programs to our clients that are flexible and tailored to meet their needs.

Our team of allied health professionals work together so that you are provided with an integrated solution to your workplace health needs. We aim to ensure that we are there when you need us and that we deliver timely assessments and reporting.



WE LIVE WHERE YOU DO BUSINESS

WorkFit together with Vital Health is the leading multidisciplinary allied health provider servicing south-west Queensland and northern New South Wales. Since 2004, our business has been in ensuring that the people who live and work within our communities are provided with excellence in allied health services.

Our professional team of local staff are willing to outreach to your location. Due to their proximity to your worksite they can respond quickly to call outs, both on worksites or at one of our centres in Roma, Dalby, Kingaroy, Inverell and Glen Innes. Our innovative model of service delivery and modern and well-equipped facilities can provide your business with the quality integrated health services you deserve.

HOW CAN WE HELP YOU?

To find out more about how we can customise a program to help your business and improve the health and wellbeing of your workforce contact us today.

Vital Health is a registered service provider for WorkCover, Medicare and the Department of Veterans' Affairs, and provides on-the-spot direct claims service for patients with private health insurance.

For individuals, appointments can be made for any of our Vital Health on-site health services and outlying areas including Blackall, Charleville, Chinchilla, Cunnamulla, Dalby, Glen Innes, Injune, Inverell, Kingaroy, Miles, Mitchell, Moree, Roma, St George, Surat, Tambo, Tara, Taroom, Tenterfield, Wallumbilla, and Wandoan.